

### **Sacro-Iliac Ligaments**

Stability of the sacrum in the pelvic ring is dependent on the function of the sacro-iliac ligaments. The posterior ligaments act as a 'Suspension Bridge', and are some of the strongest ligaments in the body. There are three sets of ligaments. The most superficial are the dorsal (posterior) **sacro-iliac ligaments** of which there are short and long forms. The strongest are the interosseous ligaments. The ventral (anterior) sacro-iliac ligaments join the bones above and below the pelvic brim. Dissociation of the sacro-iliac joint by trauma implies a large degree of violence. Injuries such as these are often accompanied by avulsion of the transverse process of L5 (the iliolumbar ligament insertion point).